Macdonald Cartier Students.

The following comments were given by students from all grade levels.

"It was a great presentation and you taught me a lot of things. You were great".

"Richard, I would like you to know that you have helped me to think it over - about drugs and alcohol. I have had many points in my life where people have told me "Hey take some it's really cool" and I forced myself to say no. You have taught me to think before I answer. There is no use in wasting my life".

"Your presentation was extremely helpful. Thank you for opening my eyes and bringing me back to reality. Thank you for the courage you gave me to talk to someone who is influenced by drugs and alcohol".

"Your presentation was very informative and touching. It made me think lots when I go out and party. People like you do make a difference".

"You have made me realize a whole lot of stuff. When I walked out of your presentation I had goose bumps and felt different. Thanks".

"Your presentation has helped me realize that drinking is a diseases and that an alcoholic needs all the support he can get. When I got home from school, I spoke to my mom about your presentation and we realized that my stepdad still needs help. If it wasn't for you, my family would still be in the dark. Thank you from the bottom of my heart".

"Richard has the power to change minds, to open eyes, to captivate everyone's attention with his presentation of true facts and life experiences. You are able to make people think twice about drinking and about making the right decisions at the right time. You are an amazing speaker".

Speaker's point well-taken

Dear Editor:

Chelmsford Valley District Composite School student council recently hosted speaker Richard Dube on the topic of drug and alcohol abuse. He made a presentation to the entire student body in two morning sessions.

Starting in his early twenties, Dube spent approximately eight years in and out of federal penitentiaries on drug- and alcohol-related issues. Finally able to acknowledge his own addiction as the cause of his many problems, he is now clean and sober. And for the past five years, as part of his own therapy, he has tried to help youths face their own addiction problems.

He has talked to a number of Sudbury area high schools and is trying to initiate youth programs including meetings on the Internet.

Dube's message is strong and he does not mince words: drugs and alcohol can ruin your life. He had the attention of his audience, and while at least one student objected to his assumption that all teenagers have problems with substance abuse, he emphasized that there is an invisible line one crosses from social drinking to addiction. You don't know how close you are until it is too late.

His point is well-taken.

MARISA COSTANZO
Sudbury

☐ Marisa Costanzo is a teacher at Chelmsford Valley District Composite School.

of Sudbury
Passi House

204-208 rue Pine Street
Sudbury, Ontario P3C 1X5
Telephone: (705) 673-9576

A UNITED WAY
MEMBER AGENCY

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. Rimore
VE DIRECTOR

February 12, 1993

Mr. Richard Dube
1191 Montrose Avenue
Sudbury, Onario
P3A 5J6

Dear Rick:

We are pleased to know that you are proposing to assist youth in becoming aware of the dangers associated with substance abuse. The John Howard Society has been working in this area for a number of years and we know that the problem is widespread, especially in the rural and remote areas of Northern Ontario.

Your message to them, based on life experience, is one way of reaching youth and for many young people, it is the manner in which they first begin to seriously consider the dangers inherent in alcohol and drug abuse.

We hope that you are successful in your work and that the youth who participate in your presentations will become aware of the dangers of an abusive lifestyle.

Sincerely,

John V. Rimore

John V. Rimore
Executive Director

JVR:pmm

March 29, 1993.

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Street
Ontario

) 675-2010
) 671-9441

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(Ontario)

5) 675-2010
5) 671-9441

Mr. Richard Dubé,
1191 Montrose Avenue,
Sudbury, Ontario
(705) 566-5862

re: Y.O.U.T.H.S. project proposal

Dear Mr. Dubé

It was with great interest that I read your proposal and introductory comments and I would like to congratulate you on your tenacity and perseverance in developing this proposal.

The relationship between delinquency, poor school performance/school drop-out and substance abuse is well documented in social science and behavioral research. Because of personal history and academic background, individuals such as yourself are uniquely positioned to deliver effective messages advocating for a "healthier" lifestyle. Today's youths therefore have a lot to learn from this kind of program.

In this respect, I see this project as having the potential of providing preventative services as well as helping those youths who are already involved (in varying degrees) with drugs and socially marginal conducts (i.e., primary, secondary and tertiary interventions).

I sincerely hope that you will be able to operate this project and please feel free to contact me if I may be of any further assistance.

Sincerely yours,

J. Aubin.

Jacques Aubin
Coordinator,
Service de traitement de jour

c.c. M. Bernier-Wilson (SSME)

Ontario Correctional Services / Services correctionnels

Probation and Parole Services / Services de probation et de libération conditionnelle

Telephone: (705) 675-4311
Facsimile: (705) 671-2978

Téléphone : (705) 675-4311
Télécopieur : (705) 671-2978

March 23, 1993

To whom it may concern:

RE: PROJECT PROPOSAL
Y.O.U.T.H.S.

After speaking with Mr. Dube and reviewing his written proposal and viewing his video, I would like to lend my support to Mr. Dube's project.

The abuse of alcohol and drugs is rampant in our society and unfortunately there is no "sure-fire" method to put a stop to it. I do feel although that young people are at times best taught by individuals who have "been there". It is quite evident that Mr. Dube is one of those people. He has a message and a belief and I would encourage you to assist Mr. Dube in his message.

Yours truly,

Gary Bate
Area Manager (A)
Probation and Parole Services

GB/cs

Conseil des écoles séparées catholiques
du district de Sudbury

Sudbury District
Roman Catholic Separate School Board

August 12, 1996

TO WHOM IT MAY CONCERN:

RE: YOUTHS PROGRAM

Mr. Richard Dubé of the YOUTHS Program (Young Ontarians United Towards Health and Sobriety) offers his services to schools as part of the prevention of alcohol and drug abuse in young people.

He has already made a few presentations at the secondary school level. The message of his life experience lends itself well to programming in areas such as law, health, law and security, self and society, etc. Furthermore, his presentations are well-structured with an initial and a follow-up component to be made by the classroom teacher.

His testimony has a considerable impact on youths who must live in a society filled with alcohol and drug abuse, and his talks give a glimmer of hope not only in the area of prevention but also in the area of rehabilitation.

Léo P. Lefebvre
Director of Education and
Secretary of the Board

LPL/lv

The Sudbury Board of Education | **Conseil de l'éducation de Sudbury**

June 28th, 1996.

Richard Dube
Executive Director
Y.O.U.T.H.S.

To Whom It May Concern:

This letter will serve to confirm that Richard Dube has delivered presentations in some of our elementary and secondary schools on the prevention of substance abuse.

Although I have not had occasion to attend Mr. Dube's presentations, feedback from Principals in schools that Richard has visited has been positive. Presentations of this nature serve to enhance the curriculum in our schools. Students gain a different perspective on substance abuse when the topic is addressed by an individual who has personally experienced its consequences.

I am told Mr. Dube's presentations are thought-provoking, colourful and direct. The students respond well to this straight-forward delivery. Mr. Dube shoots from the hip, again drawing on his personal experiences, and the important message that he has to communicate hits home.

Any effort that we can make to deter our young people from abusing drugs and alcohol is certainly worthwhile. I commend Mr. Dube for taking the initiative to speak out against substance abuse and wish him well in his future endeavours.

Sincerely,

Gord Ewin,
Director of Education.

Civic Square, West Tower / Place Civique, Tour de l'ouest 200 rue Brady Street,
Sudbury, Ontario P3E 5K3
Telephone: (705) 674-3171 Fax/Telecopieur (705) 674-2854

EASTERN ONTARIO OECTA

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Phone: 1-888-250-3799
1-613-258-0841
Fax: 1-613-258-0842
Website: www.easternoecta.ca

Tuesday, October 23, 2007

Dear Sir/ Madame,

This is a letter of recommendation for Richard Dubé.

Ritchy Dubé was a speaker at a recent symposium of the Ontario English Catholic Teachers' Association. The conference, entitled "Called By Name- Anti-bullying Initiatives", was held on the 14th and 15th of September 2007 in Toronto. There were over 300 teachers who attended the symposium, and, of those, over 120 attended Richard's four workshops.

Without a doubt, Mr. Dubé's session was one of the most talked about and powerful workshops at the symposium. It was a singular and unique presentation in that Richard spoke from the perspective of a former "bully". His workshop, "Bullying and Violence: When Bullies Grow Up to be Cowboys, Violence as a Social Construct", reminded the audience that "bullies" begin as innately good children who lack spiritual and moral role models. They are, in fact, often victims of pain, loss, sorrow, and hurt in their own home. Their behaviour is a red flag, a call for help. Demonizing, labeling, and marginalizing bullies only leads to further entrenchment. It can lead to a tragic life of violence, and the "bully" and society pay the consequences.

As teachers, we often view the "bully" in our classrooms as an annoyance. We try to remedy his or her behaviour with punitive consequences, and we feel we lack the time or resources to adequately address the needs of the student.

Ritchy challenged this stance. First teachers must believe that this destructive cycle can be prevented. They must depersonalize the behaviours; they must affirm that the bully is worthy of dignity and respect, and must motivate them to focus on their strengths. Institutional pressures must take a back seat to reaching and saving the lives of such students who are in dire need of help. Teachers must imbue their students with values, morals, principles and faith, especially when these are not being taught at home. And they must know to whom they can refer students when the challenge is beyond their own means.

These are some of the messages that the teachers who attended Ritchy's workshops came away with. He has an edifying and unassuming presentation style that invites the active participation of the audience.

Ritchy Dubé is a remarkable person. He has turned his own life around and is now helping others do the same. Apart from giving presentations, Richard is a consultant, an author, and a certified addiction counselor. He helps youth overcome destructive behavioural patterns such as substance abuse and violence and has developed a 12 step program to this end. Being in a position that speaks from personal experience, Ritchy is able to touch the hearts and minds of those with whom he interacts. I highly recommend him as a speaker.

Sincerely, B. Dobrowolski

Barbara Dobrowolski
Vice President,
Eastern Unit, Ontario English Catholic Teachers' Association

St. Charles College Drama Club

45 Spruce Street
Gasrson, Ontario P0M 1V0
Tel: (705) 693-2781
Fax: (705) 693-1494

May 27 '93

Thanks for a story that will change some lives around. Pity we won't be there to see it.

Keep planting those seeds! It can't be easy, but its worth it!

Ken Trottier.

Faculty Advisors:
Mr. Ken Trottier
&
Mr. Don Blackwell

Capreol High School

Drug and Alcohol Abuse Presentation

by RICHARD DUBE on JUNE 4, 1996

This is to attest to the effectiveness of the drug and alcohol abuse presentation conducted by RICHARD DUBE with the senior students and graduates at Capreol High School on June 4, 1996.

Richard was forthright and honest in his address to the students about the chaos and misery that drugs and alcohol produced on his lifestyle as an adolescent and a young adult. Richard responded to all the student questions from his audience without hesitation in the same manner.

The effect that Richard's presentation had on his audience can best be evaluated by the excellent behaviour of these students at the Graduation Ceremonies and the Graduation Dance that were held two evenings after Richard's address to these young people. Both activities were drug and alcohol free and on both occasions the mature behaviour and tremendous enjoyment the students displayed were due, in no small part, to the significance of the message that was delivered to them by Richard Dube earlier in the week.

I heartily recommend that a presentation such as Richard Dube's address to our senior classes be considered as an effective resource when dealing with drug and alcohol issues that have become such an important segment of our secondary school curriculum.

D. W. Bill Barry
Principal, Capreol High School

Sudbury Secondary School

"The Strongest Tradition - The Brightest Future"

J. Mantle, B.Sc., A.R.C.T., M.A.
Principal

M. Longston, B.A., B.Ed., M.Ed.
Vice-Principal

D. Craig, B.A.
Vice-Principal

B. Slywchuk, B.P.H.E., M.Ed.
Vice-Principal

June 14, 1996

To Whom It May Concern:

RE: Richard Dube

It is with great pleasure that we cite a letter of reference for Mr. Richard Dube. During the second semester of the 1995-96 school year Mr. Dube was a guest speaker in our classes on several occasions. Rick spoke with three Grade 9 classes, a Grade 10 class combined with athletes from some of our school teams, and a grade 11 Girls' Physical Education Class during a Substance Abuse unit in health.

In short his presentations were excellent. Rick quickly built a rapport with the classes. He was interesting and informative. Most importantly, he was honest and empathetic. The students enjoyed having Rick speak and were clearly moved by his words.

We plan on having Rick come back to speak to our classes and athletes in the future. His past experiences and excellent abilities provided our students with a most valuable lesson in life!

Sincerely,

Terry Moss

Terry Moss,
Program Leader,

Bruce Bourget

Bruce Bourget,
Physical Education
Department.

TM/dr

85 MacKenzie Street, Sudbury, Ontario P3C 4Y2 Telephone: (705) 674-7551 • Fax: (705) 674-5383

Chelmsford Valley District Composite School

3594 Highway 144, Chelmsford, Ontario P0M 1L0 - Telephone: (705) 855-4594 Fax: (705) 855-5090

Principal -M. J. Vrebosch, B.A., B.Ed. Vice Principal - A. W. Moore, H.B.Sc.

1997 04 22

To Whom It May Concern,

Richard Dube did an excellent presentation to two assemblies of approximately 180 students at Chelmsford Valley District Composite School on April 8, 1997. He talked about the perils of alcohol and drugs on our students' lives and reinforced this theme by explaining that his past experiences with the law indicated to him that the effect of any mind altering substance can cause great harm to a person's development. He had the students, interested and questioning.

Richard has also shown that he is flexible enough to work with other organizations such as the Sudbury Rainbow Crimestoppers who were very high in their praise of his presentation at the same assembly where they did their presentation.

I will continue to recommend Richard for school presentations involving high school students.

Sincerely,

Mike

Michael James Vrebosch,
Principal

ÉCOLE SECONDAIRE MACDONALD-CARTIER
37, BOULEVARD LASALLE OUEST
SUDBURY, ONTARIO
P3A 1W1

TÉL. (705) 566-7660
FAX: (705) 566-3433

Hervé Tremblay
DIRECTEUR

Gérard Faucon
DIRECTEUR ADJOINT

June 18, 1996

Dear Mr. Dube,

I sincerely wish to thank you for the presentation that you made at our school E.s. Macdonald Cartier. These presentations made to our grade 7 to OAC students dealt with the subject of alcohol and drugs.

Your testimony was touching and I am sure that your presentation had an impact on the students (see following page for students' comments). Your three presentations were different and suitable to the students' age and experience.

I found you to be sincere, authentic and dynamic. You demonstrated excellent public speaking skills and you spoke in a manner that students could understand and relate to.

I appreciated the fact that you encouraged students to take a good look at themselves and to be more aware of peer pressures. You emphasized their power to make good decisions in life and to change now before it is too late or difficult to do so.

I encourage you to continue to share your experiences and outlook on life with adolescents. You can make a difference and I am sure that our students were touched bu your testimony.

Sincerely,

Marilyn Richard

Marilyn Richard
Program Leader of Guidance

Robert Jack Public School

Richard Dube
Executive Director
Y.O.U.T.H.S.

1996 06 14

Dear Richard,

I'd like to take this opportunity to commend you on the excellent quality of the youth work you have done in our school over the past few years. Specifically, I'm referring to the down to earth presentations you do on the kinds of teenage lifestyle choices which can influence one's success in adulthood. As a presenter with extensive experience as a client in our correctional system, you immediately have the credibility with our Grade 7 and 8 students. The rapt attention displayed by our students speaks volumes about the impact your common sense message has on young people.

Clearly you have very few illusions about the kinds of deviant behaviour that teenagers can get involved in and you speak to that behaviour in a manner which doesn't glamorize chemical abuse and its down sides. In addition, your rapport with our young people has been positive because it has encouraged some of our students to actively seek counselling from you and other agencies for their problems. This type of early intervention goes a long way towards keeping our young people on the path to productive adulthood.

In closing let me express my personal thanks and encourage you to keep up the fine work so that other students in our region can come to know about the importance of making good life choices at an early age.

Sincerely

M. Varpio

To Whom it May Concern

Re: Letter of Recommendation for Richard Dube

I have had the privilege to know and to work with Richard Dube for more than 15 years and highly recommend him for the position to which he is applying.

Prior to my retirement as a classroom teacher at Saint Charles College, I frequently called upon Richard to speak to my students and share with them his expertise and concerns with some of the challenges that students face in their growing years. He was always more than willing to attend these classes and direct the discussions in a manner that was both insightful and personal. The students responded to his candor and concern in a positive way, and their feedback indicated that he had reached many of them thus opening avenues of change in otherwise high risk behaviours. Each visit by Richard to my class left me more impressed with his genuine dedication to assisting youth in their struggles during their growing years. As an educator for 38 years I continue to respect Richard's involvement and genuine interest in my students at the time of his visits.

Along with the classroom visits, I became involved with Richard as a member on the Board of Directors for an initiative that he undertook, to work with at risk youth. His program, (Y.O.U.T.H.S.), was designed to be a vehicle for peer involvement whereby teens could be brought together with other teens under the guidance of trained facilitators to assist in overcoming difficulties with addictive behaviours. The work Richard undertook in this area once again demonstrated his dedication to helping others avoid pitfalls that could otherwise derail their opportunities for a full life.

Richard has a strong sense of self and a vision that is centred on empowerment of individuals, especially young people. He has, in my estimation, passed the test of time through his continuing campaign to assist those who are in jeopardy. He will be an asset to any organization bringing with him the qualities of tenacity, dedication and true good will. Richard, by using his own personal experiences, is able to identify with others and they with him, thereby gaining their trust.

On a personal note, I strongly believe that Richard is answering a call that all his life experience has led him toward, a call of giving to those in his community who are on the fringe. I have been truly blessed in my association with him and I wish for him all that he seeks, for he is one who is a true giver.

Please feel free to contact me at anytime for further reference.
Home phone 705 692 0258
email blackwd@hotmail.com

Sincerely

Don Blackwell B.A., B.ED., M.ED.

Matthew Wiecha
Marymount College
Sudbury, Ont.
RE: Mr. Richard Dube

To whom it may concern,

I have known Mr. Richard Dube for three years. On several occasions he has addressed the senior law classes of Marymount College. He projects himself as being a sincere individual, who has a unique opportunity to utilize his life experiences in a positive way. His energy and intensity will help him to succeed at tasks long abandoned by others. I think it would be our sad loss if he was not given the opportunity to utilize his obvious interpersonal skills for the good of a society, that frankly, needs more people like him.

Yours truly,

Matthew Wiecha

Matthew Wiecha

The Rev. Nicole Poitras
667 Auger Ave.
Sudbury, Ontario P3A 4T1
(705) 524-2376

August 30, 2006

Although Richard and I are cousins, it is through our shared interest in community outreach that we have really gotten to know each other during the past ten years. The transformation that Richard has experienced in his life was made possible only through ruthless self-reflection, courageous perseverance and a teachable spirit. He has emerged as a person of integrity and humility who is able to connect with people on their level. While he gives sacrificially of himself to helping others break the cycle of addiction, he maintains healthy boundaries and is disciplined about his self-care.

Richard is seen as an important role model by teachers, parents, youth, and community leaders. I have read many testimonies from youth he has empowered to take steps toward sobriety. His education and specialized training are sure to create even more opportunities to help others in the future.

Please do not hesitate to contact me should you have any questions.

Yours truly,

The Rev. Nicole Poitras
Rector, St. Mary Magdalene Church
Chaplain, Thorneloe University
(705) 524-2376

DEAR RICHARD,

I AM HAVING TROUBLE, LIKE YOU DID, TO BEGIN. WHAT CAN I SAY TO SOMEONE WHO HAS BEEN THROUGH SO MUCH! IT SOUNDS QUITE FOOLISH AND SILLY TO SAY THAT I AM GLAD YOU ARE ALRIGHT NOW BUT AS SILLY AS IT SEEMS YOU DID ME GIVE ME HOPE. HOPE THAT SOMEONE CAN TURN HIS LIFE AROUND AND DECIDE TO LIVE LIFE TO THE FULLEST. WHAT YOU SHARED WITH US THAT DAY DOES NOT COME FROM A BOOK, IT TOUCHES US VERY DEEPLY BECAUSE IT IS REAL; IT IS YOUR LIFE AS YOU HAVE LIVED IT. IT'S WHAT HAPPENS TO SOMEONE WHO DOES NOT STOP AND THINK OF THE CONSEQUENCES BEFORE IT IS TOO LATE. AND THAT IS THE MESSAGE THAT COMES ACROSS. TAKE DRUGS, GET DRUNK, QUIT SCHOOL, THIS IS WHAT WILL HAPPEN. IN BLACK AND WHITE! NO SPECIAL EFFECTS. IT IS A POWERFUL MESSAGE.

THERE ARE ALREADY FOUR STUDENTS IN MY CLASS WHO HAVE COME IN CONTACT WITH THE LAW (THAT I KNOW OF!). I HOPE WITH ALL MY HEART THAT YOU REACHED THEM OR ANY OTHER ONE WHO IS BORDERLINE. EVEN IF IT'S JUST ONE RICHARD, YOU SHOULD BE PROUD OF YOURSELF. YOUR PRESENCE IN MY CLASS IS IMPORTANT AND I HOPE YOU WILL FEEL WELCOMED ENOUGH TO COME AGAIN TO OUR SCHOOL. WE WILL BE MORE THAN GLAD TO HAVE YOU BACK.

GOOD LUCK WITH YOUR STUDIES!

Hélène Ethier

HELENE ETHIER
ECOLE SECONDAIRE CATHOLIQUE CHAMPLAIN